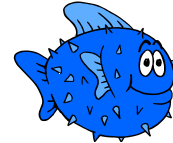
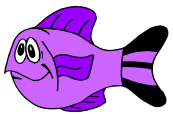


Spring Showcase 2006 Hooked on Excellence

The North Dakota Department of Human Services, the Dacotah Foundation and the Medicaid Infrastructure Grant are sponsoring the Spring Showcase 2006 entitled "Hooked on Excellence". The sixth annual Showcase will be held at the Seven Seas Inn & Conference Center in Mandan, ND on April 25-27, 2006.



The agenda includes Mr. Frank Pastizzo from Saranac Lake, New York who will be doing the opening session entitled "Warm Up The Workplace". Through an eclectic mix of music, comedy and poignant story telling from his diverse background, he forges a connection with his

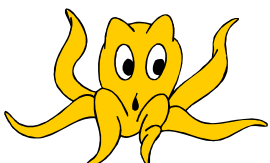


audience. Seeing the workplace as an extension of our lives where we spend the majority of our time, Frank inspires us to bring the qualities we hold most ideal in our family lives, into our schools, businesses and organizations. Through the modeling and practice of his C.H.E.R.I.S.H., we are able to attain an environment where we feel a sense of loyalty and trust, and it shows. The result is an establishment where we feel a sense of belonging, direction, and comfort.

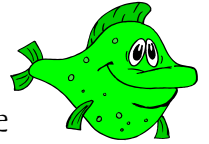
Ms. Mary Henry, with the Texas Health & Human Services Commission will present "Attitudes – You Have A Choice". Your "altitude" is

determined by your attitude and changes can affect your attitude. This workshop will focus on successful keys for survival.

Participants will become aware of motivational factors which can be used in their lives, will recognize and understand the way perceptions can affect their lives and will understand techniques that contribute to a positive attitude and how a positive attitude can benefit them.

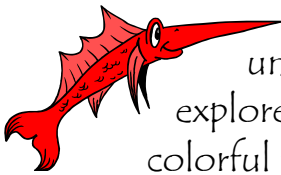


“Talk, Listen, Laugh – Communication Skills for the Workplace” will be presented by Mr. Craig Zablocki from Denver, Colorado. Effective communication is more than the words we speak. A greater part is what we hear. In this interactive workshop, you’ll learn about the four types of listening and how we get stuck in ineffective patterns. Learn how it’s not so much what you say as how you say it that gets results. Be ready to talk, listen and laugh!



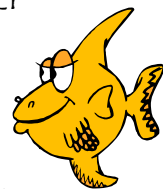
He will also present “We is Greater Than I Plus You – Synergy in Action”. Working together can be both rewarding and productive. Learn how positive reinforcement is 3 times more effective than criticism. Experience how control will never be as effective as true empowerment. See why interdependence is only a choice independent people can make. Be ready for an action packed workshop that is as fun as it is informative.

Ms. Holly Arnold and Ms. Trish Jessen with the NDSU Extension Service will present, “Getting Busy Families ‘Hooked’ on Fruits and Vegetables”. Fruits and vegetables, also known as nature’s original fast food, make up a huge portion of the new MyPyramid. It is hard to get the recommended amount unless we put some creative thought into our meals and snacks. We will explore the many nutritious benefits of fruits and vegetables in a colorful way, compare the costs of produce with other common snacks, and discuss produce food safety. “Snag” a tasty treat at this session too!



Mr. Craig Zablocki will do the closing session entitled “Lighten Up and Laugh – For the Health of It”. Are you burned out? Is your LPD (Laughs Per Day) average running low? Is it getting tougher and tougher to find humor in a world that is not always humorous.

This presentation is guaranteed to leave you laughing while providing ways to use positive humor to promote a healthier, richer life. When we learn to laugh with others and take “humorisks” we can open ourselves up to healing and living in the moment.



The Spring Showcase is designed for Economic Assistance Policy staff, County Eligibility Workers and Directors, Social Workers, and similar professionals. Make plans to attend this very successful annual conference.